



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



IT JUST TAKES ONE

Name _____

After reading the book, *One* by Kathryn Otoshi, we discussed how students can *stand tall*, and that *it just takes ONE to make a difference*. In the story, the color dots become empowered as *UPstanders*. Discuss how your family *stands tall* at home and in the community. Use this worksheet as a springboard to promote positive family communication (Asset # 2)!

What activities help you *stand tall* in your family?

1

What healthy foods do you eat to *stand tall in your family*?

2

What do you do to *count* in your neighborhood?

3

Our family makes a difference in the world by:

4